

## Eligibility

Our Day Therapy Centre services are available to individuals aged 65 or over living in the Nillumbik and Banyule areas.

## Funding and referrals

Our services are paid for privately or subsidised by the federal government. Fee structure depends on your circumstances and whether you are eligible for government support. This is determined by income and health assessments conducted by the Australian Government.

Additional information and referrals are available through the Australian Government's My Aged Care service. Visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or call **1800 200 422**.



### Day Therapy Centre

St Vincent's Care Services Eltham  
43 Diamond Street, Eltham VIC 3095

Ph: **03 9431 0100**

Email: [svcs.eltham.dtc@svha.org.au](mailto:svcs.eltham.dtc@svha.org.au)

[www.svcs.org.au](http://www.svcs.org.au)

Open Mon, Tues, Thurs and Fri  
9.00am – 4.30pm

# Day Therapy Centre

Helping you to  
maintain your  
lifestyle and  
independence



A facility of  
St Vincent's Health Australia,  
under the stewardship of  
Mary Aikenhead Ministries



**ST VINCENT'S  
CARE SERVICES**

A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA

Our goal at St Vincent's Care Services' Day Therapy Centre is to support you to maintain your lifestyle and stay connected to your community.

Therapy services for over-65s can enhance general wellbeing, relieve stress and depression, improve circulation, and maintain mobility.

Our friendly and qualified staff will work closely with you, your family or carer, and other health professionals to find the combination of services that's right for you.

### Nursing care

- Clinical care, including dressing changes
- Continence management advice
- Medication management advice
- Education and health promotion

### Speech therapy

- Assessment and management of speech, language, cognition and swallowing

### Physiotherapy and occupational therapy

Assessment and management of:

- Falls prevention and balance training
- Strength and endurance training
- Post-surgery or injury rehabilitation
- Walking aid assessments and monitoring
- Programs to improve joint range of movement, coordination and flexibility
- Vestibular rehabilitation and management of dizziness
- Rehabilitation of neurological conditions, including Parkinson's disease
- Home assessments and modifications
- Mobility and independence aids
- Relaxation and motivation
- Public transport accessibility

### Transport

Transport to and from the Centre is available for a small fee. Please contact us to make arrangements.

### Podiatry

- Nail and skin care
- Footwear advice
- Diabetic foot assessments
- Circulation advice

### Social work

- Carer support
- Counselling and support
- Advocacy
- Advanced Care Planning

### Group programs

- Restorative/re-enablement groups and exercise
- Parkinson's exercise program
- Walking groups
- Tai Chi
- Men's workshop
- Support groups
- Carpet bowls
- Snooker group

